

Adult Ed Fitness & Wellness Courses

SIGN-UP TODAY

Carlisle Parks & Recreation is beginning registration for the upcoming Adult Education Fitness & Wellness Courses beginning January 8, 2013.

A variety of classes are being offered and they are an excellent way to jumpstart those New Year's Resolutions for health and wellbeing!

Classes will be held Tues and Thurs at the Rec Center @ 1220 S 5th St with optional Saturdays @ at Carlisle Community School Facility.

The courses being offered for this session are:

Senior Health & Wellness

Boot Camp (2 class times offered for your convenience)

Transformation Class

Additional Boot Camp-Saturday option.

For more information or to register please contact:

Carlisle Parks & Recreation Superintendent

Joanna Stanley @ 515.229.6256 or email joannas@carlisle-ia.gov

or Fitness Instructor Janet Ray @ 515.989.2011

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